perplexity

Jiu fan, Yuan Yang Tui - 9 flip, Mandarin Duck kick how do it?

Jiu Fan, Yuan Yang Tui (9 Flip, Mandarin Duck Kick) is a traditional Chinese martial arts technique found in styles such as Chuo Jiao Fanzi and Praying Mantis Kung Fu. Here's how it is generally performed and understood:

Meaning and Structure

- **Yuan Yang Tui** (Mandarin Duck Kick) refers to a distinctive kick, often delivered to the groin or lower body, and is named for the paired nature of mandarin ducks, symbolizing the kick's tendency to be used in combination with other techniques or as a pair of kicks[1].
- **Jiu Fan** means "9 flip" or "nine turns," suggesting a dynamic, possibly spinning or alternating motion, sometimes referring to a sequence or a rapid change in direction[2][3].

How to Perform the Mandarin Duck Kick

1. **Starting Position**: Stand in a balanced stance, with your body weight shifting between legs.
2. **Hand Technique Pairing**: The kick is almost always paired with a hand movement, such as a parry, dodge, or strike, to distract or occupy the opponent's upper body defense[1].
3. **Kick Execution**:
    - As you parry or dodge an incoming attack, shift your weight onto your back leg.
    - The front leg, now unweighted, quickly snaps up to deliver a toe kick (often aimed at the groin or lower abdomen)[1].
    - The kick is fast and direct, making it hard to see and defend.
4. **Reverse Variation**: If your weight is on the front leg (for example, after dodging to the side), the rear leg can swing around in a hooking or arcing motion to strike from the opposite side—this is sometimes called the "reverse mandarin duck kick"[1].

5. **Follow-Up**: After the kick, step back, close your hands, and reset your stance, ready for the next attack or defense[1].

   "The mandarin duck kick is always paired together with something else... it may be a hand turning, a dodge, or just retreating and closing the body. The first part is to shrink back to close the hand, then kick... I'm just parrying a punch... then hook the kick down... the last part is just to step back, close the hands, and straighten the body, preparing for another onslaught of attacks."[1]

9 Flip (Jiu Fan) Element

- The "9 flip" aspect may refer to a series of rapid, alternating kicks or a sequence involving changes in direction, but specific technical details are not elaborated in the sources[2][3]. In practice, this could mean alternating left and right kicks or incorporating spins/turns, depending on the style's curriculum.

Key Points

- **Always paired**: The kick is rarely used alone; it is integrated with hand techniques or body movement.
- **Targets**: Typically aimed at the groin, but can be adjusted to other lower body targets.
- **Deceptive**: The kick is designed to be fast and hard to detect, often catching an opponent off guard while their attention is on your hands[1].

Summary Table

Term	Translation	Description
Jiu Fan, Yuan Yang Tui	9 Flip, Mandarin Duck Kick	A paired, deceptive kick, often aimed at the groin, combined with hand work.
Reverse Mandarin Duck Kick	Fan Yuan Yang Tui	A variation where the kick comes from the opposite leg or direction.

If you are learning this technique, it is best to practice slowly at first, focusing on the coordination between hand and foot, and gradually increase speed and fluidity as you become more comfortable with the movement.

Two individuals practice Kung Fu with a broadsword (dao) and staff (gun) in Iran.

⁂

1. https://www.youtube.com/watch?v=AMjfwLxYNHU
2. https://www.chuojiaofanzi.org/classes-for-2011/the-14-basic-kicks-for-beijing-chuo-jiao-fanzi-halifax-branch
3. https://www.chuojiaofanzi.org/january-2012-30-day-challenge.html